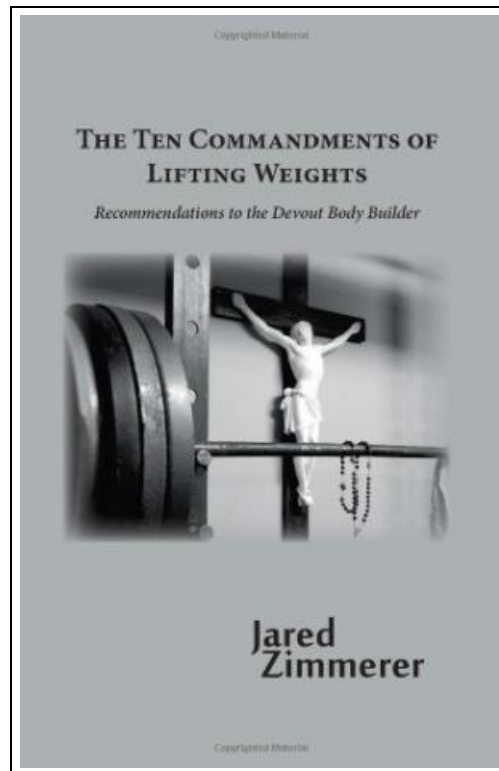


Ten Commandments of Lifting Weights



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TEN COMMANDMENTS OF LIFTING WEIGHTS

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Bezalel Books. Paperback. Book Condition: New. Paperback. 86 pages. Dimensions: 8.8in. x 5.8in. x 0.4in. At one time or another youve heard the adage, no pain, no gain. This simple but yet revealing statement brings to mind that without effort you will have no gain or have the end results you hope for. The act of suffering as revealed by Christ in His crucifixion communicates to all humanity the following point: unless we take up our cross and understand the role of redemptive suffering in our lives, we will never truly understand the free gift of grace God has given us through His Son Jesus Christ. In his book *The Ten Commandments of Lifting Weights* Jared Zimmerer deftly touches upon an area of life not often associated with living a moral virtuous life e. g. lifting weights. Jared clearly articulates to the reader the profound impact weightlifting can have in our lives when applying the basic principles of the Ten Commandments as guideposts to spiritual and physical well-being. This book is a must read for every coach, trainer, young man or woman desiring authentic, Catholic Christian principles in a weightlifting environment. - Marlon De La Torre MA, MEd. Director of Catechist Formation and Childrens Catechesis, Fort Worth Diocese; Author of *Screwtape Teaches the Faith* In a world that is filled with one fitness craze after another and where the temptation to glorify the body is a constant battle for many, it is necessary to have a perspective that sees through the lens of Gods truth. *The Ten Commandments of Lifting Weights* is an excellent resource that raises the bar and challenges the weightlifter to rise above narcissism and selfishness while training for the honor and glory of God. Jared Zimmerer sets a strong benchmark for all those who appreciate fitness of...

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